

JACK AND THE VISITOR FROM ANOTHER WORLD



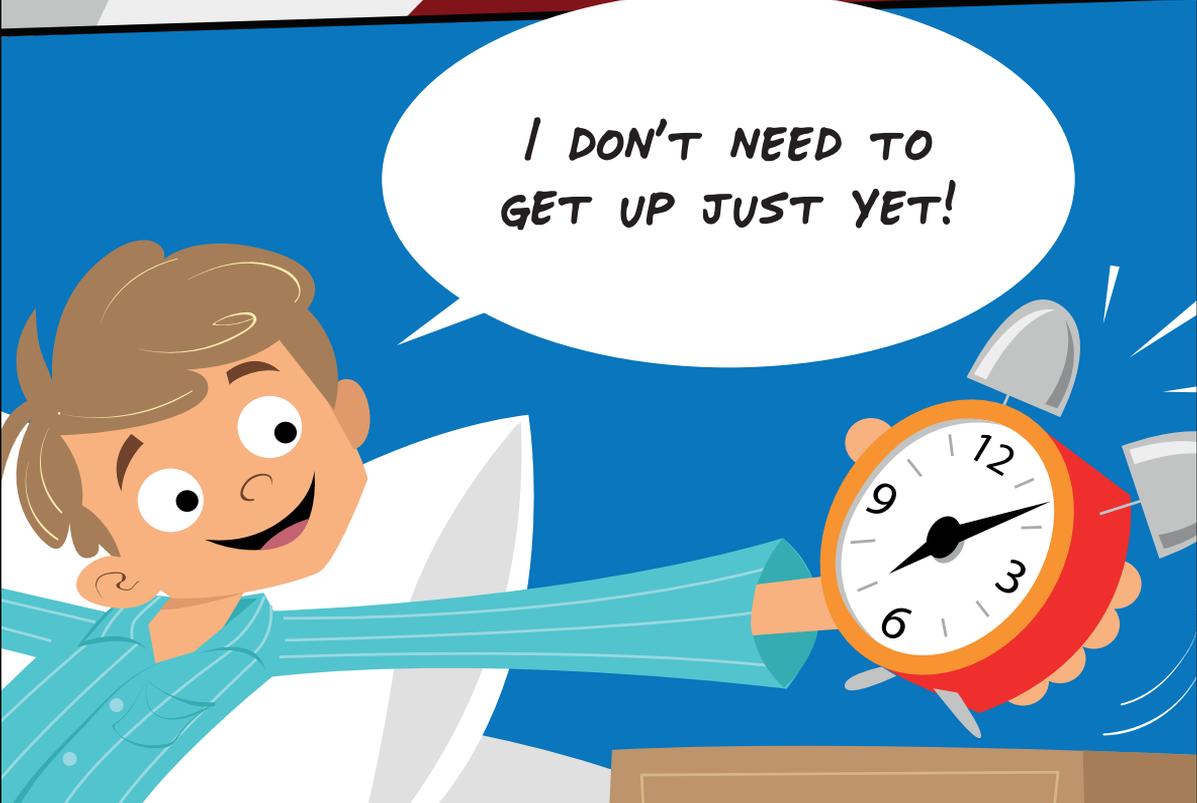


This booklet was initiated and supported by the World Bedwetting Day Steering Committee, which consists of The International Children's Continence Society (ICCS), The European Society for Paediatric Urology (ESPU), The Asia Pacific Association of Paediatric Urology (APAPU), The International Paediatric Nephrology Association (IPNA), The European Society of Paediatric Nephrology (ESPN), The Sociedad Iberoamericana de Urologia Paediatrica (SIUP), and The North American Paediatric Urology Societies, with the contribution of Dr Charlotte Van Herzele, PhD, Department of Pediatrics and Medical Genetics, Ghent University-Belgium and Dr Konstantinos Kamperis, PhD, Department of Paediatrics, Aarhus University-Denmark. This initiative is supported by Ferring Pharmaceuticals.

IT'S THE START OF A BRAND NEW DAY. JACK RUBS HIS EYES AND SITS UP IN BED. HE SLOWLY MOVES HIS HAND DOWN UNDER THE BEDCOVERS TO CHECK FOR WET PATCHES.



HURRAH! I'VE HAD ANOTHER DRY NIGHT. I AM REALLY GLAD THAT MY DOCTOR COULD HELP



I DON'T NEED TO GET UP JUST YET!

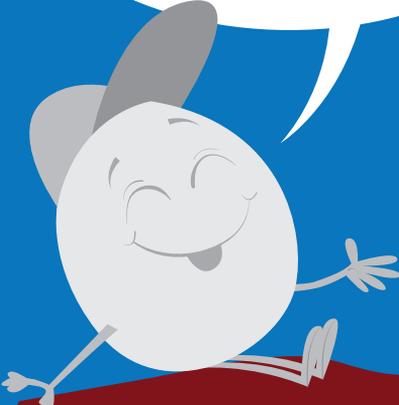
WITH A SMILE ON HIS FACE JACK LOOKS AT HIS BEDSIDE CLOCK AND LIES BACK DOWN AGAIN.

AFTER A FEW MINUTES JACK HEARS A STRANGE VOICE WHISPERING IN HIS EAR.



JACK OPENS HIS EYES AND TURNS HIS HEAD. THERE, LYING ON THE PILLOW, IS A BOY HE HAS NEVER SEEN; JACK THINKS HE LOOKS LIKE A POTATO WITH A SMILING FACE, TINY ARMS AND LEGS, AND WEARING A BASEBALL CAP.

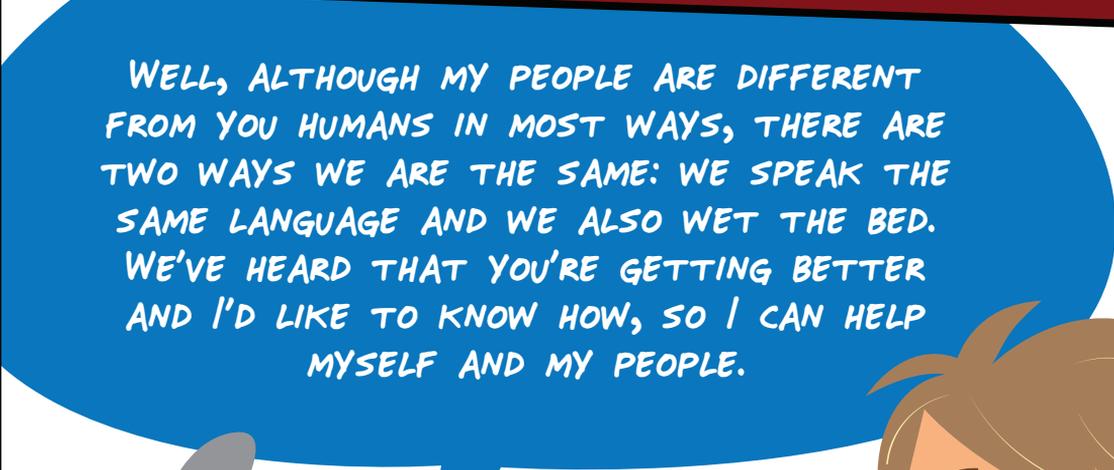




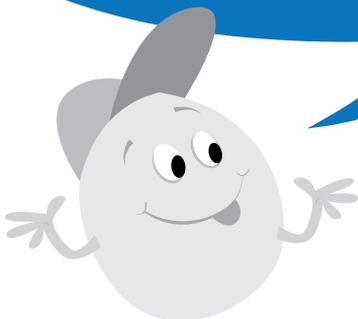
MY NAME IS INGOLF,
AND I'VE TRAVELLED
FROM A DIFFERENT WORLD
TO SPEAK WITH YOU.



WHY ME?
WHAT MAKES ME
SO SPECIAL?



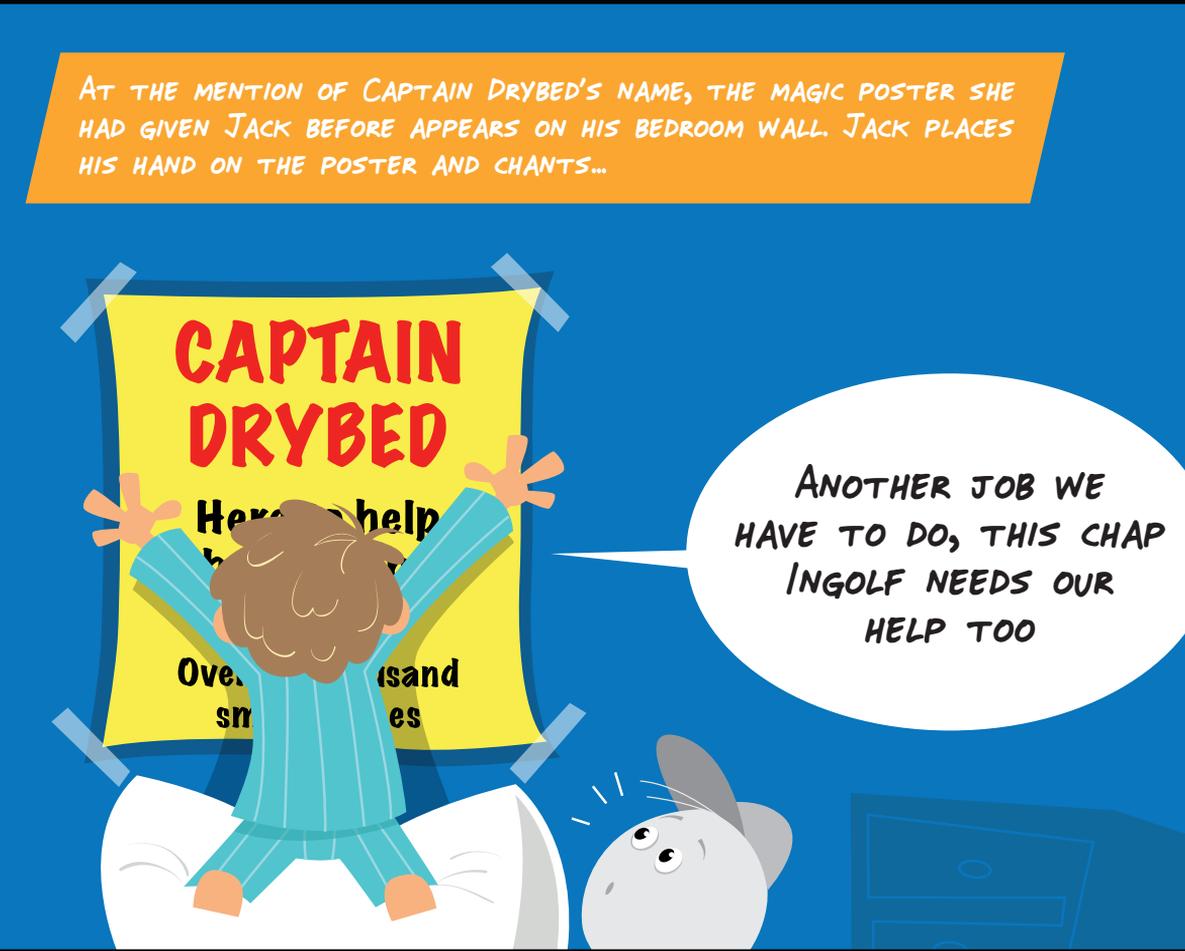
WELL, ALTHOUGH MY PEOPLE ARE DIFFERENT
FROM YOU HUMANS IN MOST WAYS, THERE ARE
TWO WAYS WE ARE THE SAME: WE SPEAK THE
SAME LANGUAGE AND WE ALSO WET THE BED.
WE'VE HEARD THAT YOU'RE GETTING BETTER
AND I'D LIKE TO KNOW HOW, SO I CAN HELP
MYSELF AND MY PEOPLE.





GOSH, I CAN TELL YOU A LITTLE,
BUT I'M STILL LEARNING. MY SPECIAL FRIEND
CAPTAIN DRYBED CAN TELL YOU MORE.
SHE'S HELPED ME A LOT.
I'LL GIVE HER A CALL.

AT THE MENTION OF CAPTAIN DRYBED'S NAME, THE MAGIC POSTER SHE
HAD GIVEN JACK BEFORE APPEARS ON HIS BEDROOM WALL. JACK PLACES
HIS HAND ON THE POSTER AND CHANTS...



**CAPTAIN
DRYBED**

Here help

Over sand
sn es

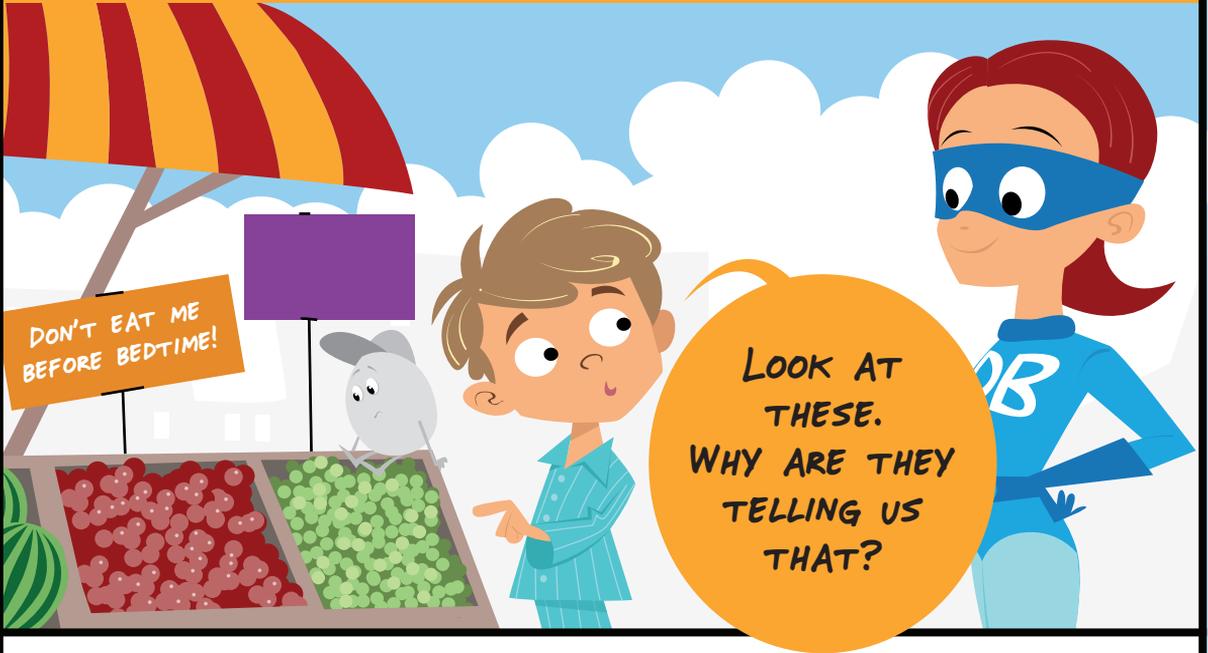
ANOTHER JOB WE
HAVE TO DO, THIS CHAP
INGOLF NEEDS OUR
HELP TOO

THERE'S A SUDDEN FLASH, AND JACK AND INGOLF FIND THEMSELVES ON A SOFA AT CAPTAIN DRYBED'S BASE. JACK TELLS CAPTAIN DRYBED ABOUT THE BEDWETTING PROBLEM ON INGOLF'S PLANET.

OK. LET ME TAKE YOU
ON A SPECIAL TOUR



AFTER A SHORT FLIGHT WITH CAPTAIN DRYBED, THEY ARRIVE AT A COLOURFUL MARKET PLACE. THEIR FIRST STOP IS A FRUIT AND VEGETABLE STALL WHERE SOME OF THE PRODUCE IS COVERED WITH SIGNS!



CAPTAIN DRYBED EXPLAINS THAT EATING WATERY FRUITS, SUCH AS MELONS AND APPLES, JUST BEFORE BEDTIME IS AS BAD AS DRINKING WATER OR JUICE. THIS IS BECAUSE THE FRUITS FILL PEOPLE WITH LIQUID, MAKING IT MORE LIKELY THEY WILL WET THE BED.



THE NEXT STALL THEY PASS IS SELLING ALL SORTS OF DRINKS.

I'D LOVE ONE OF THOSE!

DON'T DRINK ME BEFORE BEDTIME!

WELL YOU CAN HAVE ONE NOW. BUT WHATEVER YOU DO, DON'T HAVE ANY DRINKS, BEFORE BEDTIME!

INGOLF ENJOYS HIS DRINK AND PROMISES THAT HE WON'T HAVE ANOTHER ONE BEFORE BEDTIME.

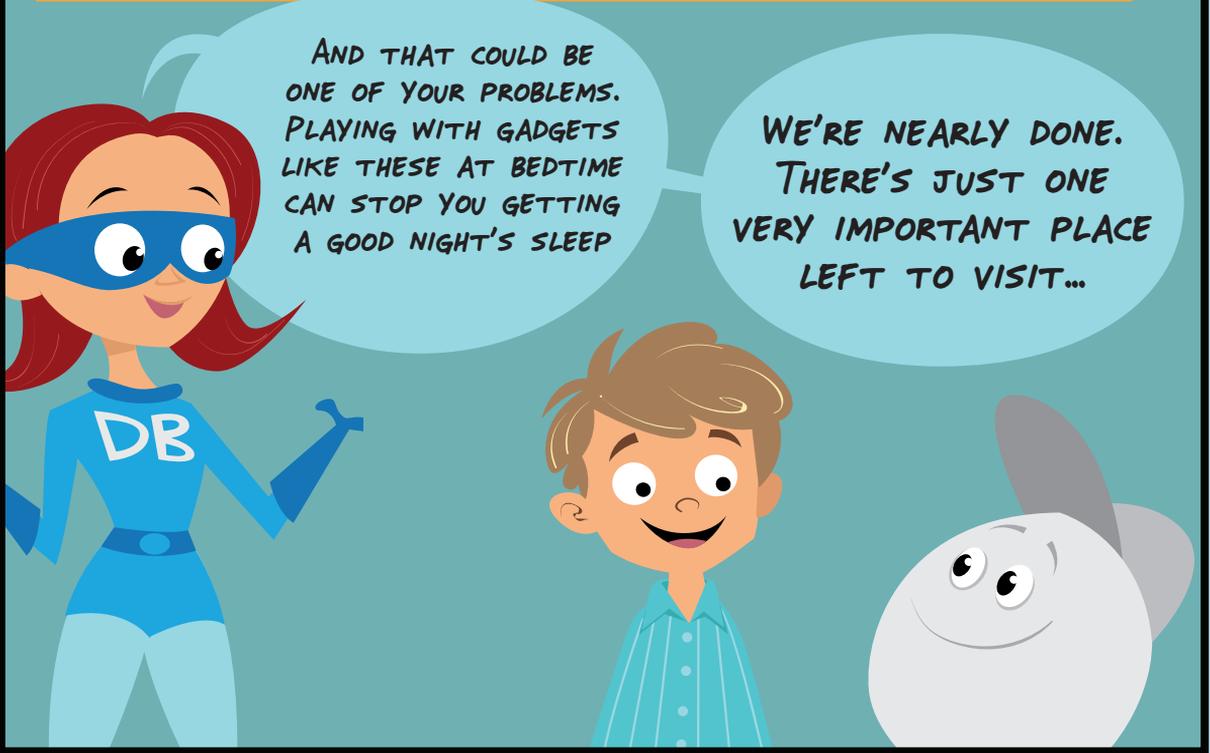
AS THEY TURN A CORNER INGOLF SUDDENLY RUNS ON AHEAD, JUMPING UP AND DOWN WITH EXCITEMENT.



PLEASE, PLEASE LET ME GO IN. ON MY PLANET WE PLAY WITH THESE A LOT AT BEDTIME

DON'T PLAY WITH US BEFORE BEDTIME

INGOLF IS STANDING IN FRONT OF AN ELECTRONICS SHOP WITH DOZENS OF BRIGHT SHINY GADGETS IN THE WINDOW, SOME MAKING STRANGE LOUD NOISES.



AND THAT COULD BE ONE OF YOUR PROBLEMS. PLAYING WITH GADGETS LIKE THESE AT BEDTIME CAN STOP YOU GETTING A GOOD NIGHT'S SLEEP

WE'RE NEARLY DONE. THERE'S JUST ONE VERY IMPORTANT PLACE LEFT TO VISIT...

AFTER ANOTHER SHORT FLIGHT, THE THREE OF THEM ARE STANDING OUTSIDE A DOCTOR'S OFFICE.

WHICHEVER PLANET YOU LIVE ON YOUR DOCTOR WILL GIVE YOU HELP AND ADVICE WHICH MAY INCLUDE SOME TREATMENT FOR YOUR BEDWETTING.



MD

REMEMBER:
ALWAYS TAKE
YOUR MEDICINE WHEN
YOUR DOCTOR HAS
TOLD YOU TO



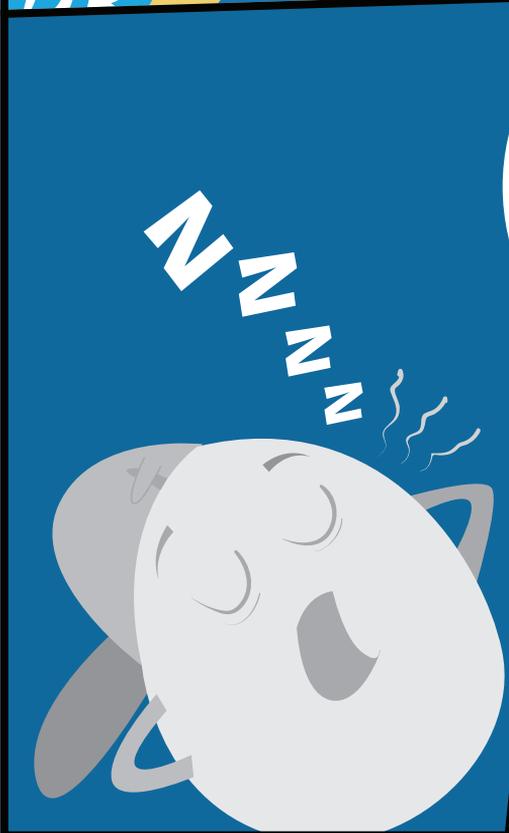
AT THIS POINT A PARROT LANDS ON CAPTAIN DRYBED'S SHOULDER AND SQUAWKS...



IT'S IMPORTANT TO GET INTO A ROUTINE. TRY TO PEE JUST BEFORE BEDTIME AND ALSO KEEP A RECORD OF DRY AND WET NIGHTS...

...AND PEE TIME BEFORE BEDTIME

AHHH. THAT'S WHY P COMES BEFORE ZZZZZZ THEN!



AND REMEMBER TO STAY CALM INGOLF. I KNOW NOW THAT BEDWETTING PROBLEMS LIKE OURS CAN BE SOLVED.

JACK SUDDENLY HEARS HIS MOTHER SHOUTING HIS NAME AND WAKES WITH A START. HE IS STILL IN HIS BED.

A cartoon illustration of a young boy with brown hair, wearing a light blue striped shirt, sitting up in bed. He has a surprised expression with wide eyes and a slightly open mouth. A white thought bubble above his head contains the text "THAT WAS A STRANGE DREAM". In the background, there is a dark blue nightstand with a lamp, and an open doorway leading to a hallway.

THAT WAS A
STRANGE DREAM

WHEN HE LOOKS AT HIS PILLOW HE SEES A NOTE...

A close-up cartoon illustration of Jack looking at a note on his white pillow. He has a happy, smiling expression. The note is white with black text.

Thanks Jack
for all your
and Captain
Drybed's help.
Best wishes,
Ingolf

TIPS TO HELP RESOLVE BEDWETTING

- Bedwetting is a medical problem and talking to your doctor can help
- Don't drink before bedtime, especially fizzy drinks
- Stay away from watery foods such as melons and apples before bedtime
- Too much noise and bright light in the night can stop you sleeping, so avoid bright screens from computers, tablets, and phones before bedtime
- Bedwetting is common, and lots of other children go through this problem too
- If your doctor gives you medicine, it's important always to take it at the times your doctor has told you
- Your doctor may also give you a bedwetting alarm. If they do, you should use it as they say
- Pee time before bedtime – always remember to try to pee just before you go to bed
- Find out more about Ingolf's story at the Dry Dawn website <http://www.drydawn.com/>
- Prepare for your visit to the doctor and monitor your progress by downloading the DryDawn App
- Stay calm, and remember bedwetting problems can be solved!



WORLD BEDWETTING DAY

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TIME TO TAKE ACTION